

MIND: ITS DEVELOPEMENT.

BY DR. RICHARDS GRAY.

SEE PAGE 48.

KNOW THYSELF.

The Official Organ of the "Universal Phrenological Society."

EDITED BY IDA ELLIS.

A Monthly Magazine devoted to Phrenology, Physiology, Pathology, Pathognomy, Physiognomy, Pleasure and Profit.

Vol. 1. No. 6. (Copyright.) FEBRUARY 1st, 1892. Monthly, 1d.

Subscription Rates:—3 months 4½ d.; 6 months 9d.; 12 months 1/6, post free.

CONTENTS OF THIS NUMBER.

Page	
45.	Portrait of the Editor, etc.
46.	Notes by Vandula
47.	Particulars of the U.P.S. Graphology Column. Answers to Correspondents.
48.	Mind: its Development. By Dr. Gray, Ph.D., etc.
49.	Character Sketch of Ida Ellis.
50.	Lessons in Phrenology.
51.	Do. Do.
52.	Poets' Corner. Testimonials, etc.
53.	Physiognomy. Correspondence.
54.	Works on Hygiene Mental and Physical Science.
55.	Situations Wanted, Situations Vacant, Miscellaneous Advertisements.
56.	Advt Rates, etc. Natural Food.

LIFE AND CHARACTER SKETCH

Of the Editor,

By Professors DALL, THOMPSON, ROE, Etc.



Sincerely yours,
Ida Ellis. U.P.S.
Professional Phrenologist and Consulting Hygienist.



FEBRUARY

in the
Phrenological World.

Date
4th, 1843. *The People's Phrenological Journal* started, and ended in February, 1844, having issued 2 vols., comprising LVI numbers.

16th, 1892.—Meeting of the "Universal Phrenological Society," at 8 p.m.

20th, 1890.—Attercliffe, Sheffield, and Rotherham Phrenological Association, inaugurated by G. B. Setchfield.



Notes by Vandula.



I BEG to acknowledge the receipt of the following publications:—*Natural Food, Human Nature, Phrenological Record, Phrenological Magazine, Hygienic Advertiser, Brain, Health, and Nervous Prostration, Diet Reform, Progressive Science. Conversations or Street Dialogues with Father Elphich.*

* * *

The *Hygienic Advertiser* is full of advanced thoughts on Hygienic subjects, and ought very easily to gain a circulation of 50,000, for which its editor so earnestly pleads. The sooner its circulation is double that number of copies per month, the quicker shall we see disease, gluttony, intemperance, and therefore sin, dispelled from our midst. The price is only one penny, or 16 per year post free, and can be obtained direct from the editor, E. May, Harlesden Grove, London, N.W., or from the editor of *Know Thyself*. I specially noted that the whole tone of the magazine was free from bigotry, and there is little fear of its "dying" a natural death, like some of its contemporaries. I myself ordered a certain magazine from my bookseller a short time ago, but the order was returned endorsed "dead." For health, recreation, and natural living, I know no better penny publication.

* * *

"Brain, Health, and Nervous Prostration" is the title of a sixpenny book by Signor Crispi. Its contents are remarkably fascinating, and space will not allow us to do justice to it. The pages on the structure of the brain, dura mater, cerebellum, reflex action of nerves, work and overwork, nervous exhaustion, suicide, fanciful brain troubles, advice to students, etc., are powerful reminders that Signor Crispi is master of what he has written. Post free 7d. at *Know Thyself* Office.

* * *

Will our numerous correspondents bear in mind that when they require a reply to their communications by post, they should enclose a stamped addressed envelope.

* * *

We are all open to conviction at *Know Thyself* Office, and willing to entertain, for contemplation or experiment, any new fad in the form of dieting ourselves, whoever the faddist may be who brings forward the theory, provided it will stand the test of reason. Our latest experiment is the fad (?) of Dr. Densmore, whom some term a remarkable faddist, and his diet reform a fad of his own, which will never be acted upon by humanity. He says that cereal food is the cause of a tremendous amount of disease, and should therefore be avoided. That is a mere statement, and those who wish to fully know his reasons cannot do better than purchase *Natural Food*, (see advt. of same on last page) a magazine entirely devoted to the subject. Man's diet should consist of fruit and nuts only, therefore we have got stock of these commodities in store, and for a time intend to subsist on monkey food. (Why should we aspire to live better than our ancestors?) Bread is no longer the "staff of life," but the staff of death, according to Dr. Densmore therefore we eat none. If the diet suits us equally as well as vegetarianism he will have the poor consolation that he possesses a few converts at *Know Thyself* Office. In the County of Yorkshire the people make "a god of their belly." More anon.

* * *

This month we are sending two copies of *Know Thyself* to each subscriber, with the hope that they will send the extra copy by post to a friend.

* * *

Know Thyself can be obtained at half-price in quantities of not less than one dozen.

* * *

I should be glad to know from our subscribers the name and address of any person who professes to understand phrenology; also whether they themselves are phrenologists, in order to assist me in compiling a complete list.

* * *

We wish to enlarge *Know Thyself* to 24 pages, and if all phrenologists were to order 100 copies per month we should at once be able to put into action our desire.

* * *

The editor will be very pleased to send any reader a parcel of back numbers of *Know Thyself* by rail, if they will promise to distribute them amongst their friends, and thereby use their influence to obtain subscribers. Last month we sent Prof. Dall 100 copies, and this is his account of their disposal. "I duly received the parcel of 100 copies of *Know Thyself* on Friday morning. Had a pleasant walk on Saturday. I gave them all away, leaving two copies in every news-agent's shop in town, (one for window and one for counter) one copy at every hairdresser's, one for other shops where young men are employed, one for public library, one for Y. M. C. A. rooms, and the remainder to ministers', doctors', and other gentlemen's houses." If every reader would take the same interest a high circulation would soon be gained.

* * *

If you see anything in a newspaper, or any other periodical respecting phrenology or phrenologists, please cut it out and send it to me.

* * *

Dr Samuel Eadon, who was a staunch supporter of phrenology, died at his residence, Hambrook Court, near, Bristol, on the 18th of December, 1891. He was born on the 3rd of December, 1809, and had therefore completed his 82nd year.

* * *

Last, but not least, are my notes on the "U. P. S., at present the all important theme among phrenologists. Several alterations are made in laying the foundation of the society, which will be worked on union principles, with a president, executive council, and chief secretary, etc., and in due course branches will be formed. Several very influential men are taking an interest in its welfare, therefore, if you are interested in phrenology, you should join at once, for the reasons I stated last month.

* * *

The official list of members of the U. P. S. will appear next month.

* * *

At our meeting on Jan. 5th ult., Mrs. Ellis addressed those present (who were principally students of phrenology) on the uses of phrenology, especially pointing out the importance of parents, employers, ministers, judges, jurymen, lawyers, etc., etc., studying the science. Mr. E. Clarke moved that in order to meet the limited means of artisans, etc., the subscription should be taken quarterly. It was also resolved that the meetings should be held at 8 p.m. on the third Tuesday in each month instead of the first.

* * *

There was a good attendance at the meeting on Tuesday, Jan. 19th, when Ida Ellis gave a lecture on "The elements of phrenology," for the benefit of those persons present who are commencing to learn phrenology. Amongst those present were Prof. Thompson, of Dewsbury, and Mr. Sowden, Medical Electrician, of Wakefield, who are both members of the society. After the lecture questions were asked by the audience, and replied to by the lecturer. The space allotted me is very small, therefore I will report the meetings more fully in our next issue, instead of writing so much twaddle about other things. Prof. Thompson will deliver a lecture on Tuesday, Feb. 16th, at 8 p.m. Subject—"Why I became a phrenologist.



Established
1891.



The Universal Phrenological Society



COMME IL FAUT.



For the Investigation of Mental Science.



1.—Any person interested in Phrenology may become a member of this Society by paying 10/- per annum, but members of other Phrenological institutions shall be admitted on payment of 5/- per annum, which sum shall be spent on the Library and Museum of the Society, and the distribution of Mental Science Literature.

2.—All members shall be at liberty to suggest anything for the advancement of the Society.

3.—Members shall be entitled to have their names and address inserted in *Know Thyself* every month free of charge, in the column set apart for that purpose.

4.—Each member shall be entitled to receive a copy of "*Know Thyself*" every month post free, which magazine shall be acknowledged the official organ of the Society.

5.—Members may use the initials (M. U. P. S., or U. P. S.) of the Society, so long as they maintain a good character, and keep up their yearly contributions, whether they possess a certificate or not.

6.—Certificates will be granted to members who can write an original essay on Phrenology, (about 400 words); give a character sketch from the Photograph of some well known person; furnish us with the name and address of two references, and remit 2/6 for cost of certificate etc. N.B.—Members of the U. P. S., who possess a certificate of any other Phrenological institution may claim a certificate without passing the above examination on payment of 2/6 for costs.

7.—Meetings will be held at the office of *Know Thyself*, 115, Taylor Street, Batley, Yorkshire, on the third Tuesday in each month, at 8 p.m., and a report of same will be published in *Know Thyself*.

8.—The accounts will be audited at the close of each year, and a Balance Sheet forwarded to each member.

9.—Vigorous measures will be taken against any person using the initials of the U. P. S. who is not a member, or who has forfeited his or her membership by nonpayment of contribution.

10.—All communications must be addressed to the Secretary, 115, Taylor Street, Batley, Yorkshire.

Graphology Column.

FREE.

THE leading traits of any person's character correctly told from their handwriting, *free of charge*, by an expert Graphologist. Those who wish for a *lengthy* delineation we refer to our advertisement headed "Your character correctly told through the post." Address: Graphologist, *Know Thyself* Office, 115, Taylor Street, Batley, Yorkshire.

J. D.—You are firm and deliberate in all you say and do; have a good idea as to the form, size, and weight of anything without measuring, except by your eye, and are considered a handy man at tools.

Answers to Correspondents.

CORRESPONDENTS who do not find their letters answered in this column should repeat their questions and send a stamped addressed envelope, when they will be replied to by post. Address—Correspondence Department, *Know Thyself* Office, 115, Taylor Street, Batley, Yorkshire.

E. R. N.—What is the average height of the English people?—At the International Health Exhibition in 1884, Mr Francis Galton took the measurement of 9,337 persons in his Anthropometric Laboratory, and found that the average height of males was 5 ft. 8 $\frac{1}{2}$ in., and of females 5 ft. 3 $\frac{1}{2}$ in.

Continued from Page 47.

DELINEATION BY Prof. L. N. FOWLER.

(From Photo.)

Has a strongly marked physiognomy; she possesses more than average energy and force of mind; feels equal to almost any task; she invariably takes hold of the heavy end of the work, and rather delights in having just as much as she can do; her spirit is to carry all before her and stop at nothing. She would have much preferred being a man to a woman, especially if she were obliged to walk in the path that is generally laid out for woman to walk in. She prefers to work with men rather than women. There is no silly nonsense about her; she has a good base to the brain, which gives force; strong, perceptive intellect, for the lower part of the head is broad, and the reasoning intellect is quite active and vigorous. She has a favourable developement for business, both of an executive kind and that which requires judgment; she is not long in making up her mind; her form aids her very much in her practical phrenology; size is also well represented, hence her judgment is generally correct. With a liberal education she will show versatility of mind. Her likes and dislikes are decidedly strong; she is a whole-hearted friend, if any, and she has more of an inclination to do the fair honest thing whether it is to her advantage or not, for she does not trifile. She is very decided, firm, persevering, and there nothing half-way about her; she says what she means, and means what she says. Her greatest liability to go astray is connected with her strong prejudices, which may sometimes bias her judgment too much.—P. M. for Feb., 1892.

Mind: its development.

Written specially for "Know Thyself" by

DR. RICHARDS GRAY, PH.D., F.S., D.M. ETC., ETC.

PROFESSOR Jervons in his work on the "Principles of Science," says—"If men do not act as if they were not merely the brief products of a casual conjunction of atoms—but the instruments of a far reaching purpose—are we to read all other phenomena and pass over this? Certainly not!"

By an investigation of the instincts of the ant and beaver, we discover that *they* are *ever* led by an inscrutable agency to work towards a distinct purpose, and therefore we, faithful to our scientific method, should consider and analyse those impulses of the human mind by which *man* is led to work for the Divine in life. The capacity possessed with its past discoveries and its present advance, proclaims that not only has light dawned and hope come, but that its very energy throbs already with expectation of far greater results. We would echo the sentiment of

Dr. Wendell Holmes :

"*Let in the light!* From every age
Some gleams of garnered wisdom pour,
And, fixed in thought's electric page,
Wait all its radiance to restore.
Let in the light! These windowed walls
Shall have no shadowing colonnades;
But day shall flood the silent halls,
Till o'er yon hills the daylight fades."

Ever since the great and powerful trio, brain, nerve, and mind, has existed, the one has been dependant on the other for manifestation. In the past, however, our acquaintance with their operation has been hindered by reason of a prejudicial, or stereotyped process of thought. We rejoice, however, that *to-day* many of these shackles have been thrown off, and inquiry is now conducted under a different *regime*, and with freer conditions.

Professor Kilst in "Diseases of Memory," has the following pregnant sentence—"Every recollection has its seat in a definite and determined position of the brain. Each hemisphere is made up of a certain number of totally different organs, each having its own special functions to perform, whilst remaining in the most intimate relation to its fellows."

With such a view of this most interesting subject it must certainly rank *high* in the world of effort. Whenever or by whom the thoughts are turned inwardly on self, and the endeavour made to become acquainted with the powers, efforts, and influences of the mind; more especially by reason of the conscious effect produced upon the unseen but mighty forces, naturally roaming, but which it is possible to guide and concentrate. Intellect, affection, and moral energy prompts to further enlargement and expansion.

Depend upon it, that in proportion as a man possesses knowledge, and uses it to the best advantage, will he become great, powerful, and influential. An illustration of the presence of the power unseen, and yet undiscovered, may be found in photography. The sensitive plate is placed in position, the lens uncapped,

and the flash of light produces an image perfect, but unseen as yet: now a developing solution is poured on it; at first a blurred and indistinct image is perceptible, but one after another the details come out, and at last you have a perfect likeness.

So talent may be possessed, yet undiscovered. Mental science can and does reveal its presence, the subsequent education and training corroborating. Not all at once, however, will the extent of capacity reveal itself, but by degrees, until in course of time you look on one reaping individually great advantage, friends and admirers congratulating on influence and position gained.

The education of to-day here calls for notice. It is admitted that "*wisdom* is above price, and *knowledge* better than rubies," yet how frequently is the one confounded with the other, though differing greatly. I think one of our poets most clearly sets it forth when he writes :—

"*Knowledge* and *wisdom* far from being one,
Have oftentimes no connection. *Knowledge* dwells
In heads replete with thoughts of other men;
Wisdom, in minds attentive to their own
Knowledge, a rude, unprofitable mass,
The mere materials with which *wisdom* builds,
Till smoothed and squared and fitted to its place,
Does but encumber whom it seems to enrich.
Knowledge is proud that he has learned so much;
Wisdom is humble that he knows no more."

We argue that were scholastic institutions conducted on scientific principles great personal advantage would accrue to the scholar, whilst the tutors would less frequently have to grieve over dull, refractory pupils, from the readiness of acceptance, and the interest excited in the study, because congenial. Years are frequently lost, that is, wasted, because a certain curriculum is imperative, whether the capacity lies in that direction or not. Hundreds of boys and girls are to be found poring over studies they cannot comprehend, and which, instead of being interesting, are complete drudgery. We speak advisedly when we say that were the bent of the youthful mind known to both parent and teacher, the mental power, courage, and determination gathered by the interest felt in them, (that is, the study perused,) the foundation of noble, intelligent, and useful manhood would be laid, at once tender and admired. The ruggedness of nature would be lost in the susceptibilities to highest impulse and noblest achievement. Sir John Lubbock is with me on this point, for he says :—"The education should embrace those subjects which the intended occupation or profession call for. In our day there is scope for every kind of brain, therefore men should make best use of the powers possessed."

In nature, where the untrained eye discovers nothing but dirt and mire, science reveals exquisite possibilities. Separate the clay and it becomes fit for finest porcelain; if still further purified you have sapphire. In like manner if soot from your chimney be properly treated it will give you a diamond. Science in every way is useful, (that is true science) for it rouses and strengthens the individual and national character.

(To be continued.)

Life Sketch.

BY AN OLD COMPANION

IDA MITCHELL ELLIS was born in the small village of Alpheton, in Suffolk, on August 30th, 1865. From her earliest childhood she was considered remarkably active, thoughtful, and intellectual, for whatever was to be learned at school she was sure to be foremost, and was never content unless at the top of the class. Hours intended for play were frequently spent in studying any old book of science that could be obtained. Reading character from instinct was very early manifested; but it was not until after sixteen years of her life had gone by, that Phrenology and Physiognomy as expounded by mental scientists, became an ardent study from mere love, not anticipating it would ever become a source of income.

Her education having been completed, the subject of my sketch joined the Salvation Army. She was at once urged to become an officer, which she did, and held various positions as such for seven years or thereabouts, for some time fulfilling the office of secretary to several members of the Booth family, being an expert shorthand writer and typist, and of a literary turn of mind.

It was during those seven years that Ida Mitchell was practically forced into the phrenological world, hundreds of persons requesting delineations of their character, phrenologically, physiognomically, and graphologically, although entirely unsought for.

Resigning her position in the Salvation Army in May, 1889, owing to some disagreement with its rulers on a point of government, Ida Mitchell entered into matrimony with Albert E. Ellis, whom she asserts was phrenologically chosen by her, love being held in check until reason had found the proper object on which to centre the affections.

Their blissful domestic life, and united efforts and interest in all that is undertaken by them, proves the value of a knowledge of the science in the choice of a matrimonial partner.

CHARACTER SKETCHES, ETC.

Brain measurements:—from root of nose to *occipital spinalis* $14\frac{5}{8}$ in: from Event. to Event. over Inhab., $21\frac{5}{6}$ in: from ear to ear over Event., 12 in: ditto over Intuition, $12\frac{1}{2}$ in: ditto over Veneration, $13\frac{1}{2}$ in: ditto over Self-esteem, $13\frac{1}{2}$ in: ditto over Ama., $8\frac{1}{4}$ in

Height without shoes, 5 ft. 1 in.; very dark brown eyes, and nearly black curly hair.

Prof. JOHN THOMPSON'S DELINEATION.

(From personal examination.)

There are many strong and distinct points of character in this lady. Her physiological constitution favours a vigorous development of mind. The phrenological developments show that she has strong will power, and perseverance; and whatever she undertakes to do will naturally throw her heart and soul into the work. She has a fully developed head over and behind the ears, which gives her energy, courage, force, and power of endurance. She will not

shrink from hard work if it is her duty to perform it. She has very strong affections, having Friendship, Parental Love, and Conjugal love large. She has a large moral brain, and large intellectual faculties; has remarkable ability to acquire knowledge, is fond of details, and delights to study the application of every truth and principle. She has an intuitive cast of mind, and loves to study human nature.

Prof. DALL'S DELINEATION.

(From Photo.)

You are a good talker, fond of literature and study, and capable of much brightness of thought. The brain is decidedly a busy one, and you have a distinct individual character peculiar to yourself, hence you enjoy the society of only a few. You have an eagerness and an earnestness of mind that renders you very industrious. Your ambition is of an intellectual cast. Your perceptive region, as a whole, is exceedingly active, rendering your observation extraordinary. Your memory of forms and faces is marvellous. To you all nature is full of lessons: each leaf a book, each human mind a world. In dress your taste is very simple, and yet, in appearance you are very dramatic. You have poetical talent, and are able to enlarge and embellish your ideas and present them in an attractive style. You would make a good doctor; make a successful public speaker; and are capable of exerting quite an extensive influence in the circle where you move.

Prof. ROE'S DELINEATION.

(From Photo.)

Mrs. Ellis has the Mental and Motive Temperament; is stronger in mind than body; generally has her way of doing things, being firm and decided in character. Proud, but not vain; more inclined to be a leader than to be led. Quick in thought and action; reserved in character, although not cunning; good memory of faces, outlines, and places; quite economical, and good in judging the qualities of things and uses. Great love for poetry and scenery, and fond of flowers. Very forcible in argument and debate.

DELINeATION BY PERSONAL EXAMINATION BY E.R.N.

You have fine hair, and other tokens of good organic quality, thereby showing great susceptibility to surrounding influences. The Mental Temperament is predominant, the Motive being next, and the Vital last. You possess a well-balanced brain for either a scientific and literary, or a social and domestic sphere, according as circumstances may place you: having Concentrative power large you can adapt yourself to either with marked success.

You are of a poetical and imaginative mind, and should you take a literary course it would be of a scientific character, embellishing your ideas in a poetical manner. In a domestic sphere you would be remarkable for your economy, and doing things in a practical useful manner.

You possess excessive Cautiousness, and it must prove to be the bane of your life: all you undertake is marred by an inordinate fear that danger is ahead.

See page 47 for Prof. L. N. Fowler's Delineation.



LESSONS IN PHRENOLOGY.

LESSON V.

NOTE.—These lessons do not profess to deal technically with Phrenology, but are intended for those who desire to learn the first principles of the science.—Ed.

Copyright.

All rights reserved.

The Groups.

No. 2.—The Selfish Group

THIS group includes the organs of *Combativeness*, *Vitativeness*, *Destructiveness*, *Alimentiveness*, *Acquisitiveness*, and *Secretiveness*, which are common to both animal and man, producing desires to protect and preserve self.

THEY ARE LOCATED above and around the ears, and when EXCESSIVE the head is very wide and full in that part; but when DEFICIENT the sides of the head are flattened, and the whole head is narrow.

SECTION I.—COMBATIVENESS.

We mean by *Combativeness* courage, defence, pluck, boldness, resistance, contention.

IT IS LOCATED behind the top portion of the ears, between Friendship and Vitativeness, and has three divisions: the lower and back portion giving a daring, threatening, contentious spirit; the front portion a desire to defend; and the upper portion ability for courage and coolness in times of danger, according to the degree of activity. If you are marked:—

DEGREE 1. DEFICIENT.—You are a coward, and afraid of the slightest opposition.

DEGREE 2. SMALL.—You shrink from opposition, always back out of quarrels, and cannot overcome difficulties.

DEGREE 3. MODERATE.—You easily give up when confronted with any difficulty, as you have not much opposing power.

DEGREE 4. AVERAGE.—You prefer to live a peacable and quiet rather than a daring life, but will show a combative spirit if circumstances require, and you generally surmount the barriers that try to prevent your success.

DEGREE 5. FULL.—You easily overcome opposition, and meet duty very bravely.

DEGREE 6. LARGE.—You glory in contention, very courageous, heroic and bold, and can coolly face danger. You prefer a daring life, and are inclined to be quarrelsome.

DEGREE 7. EXCESSIVE.—You are extremely irritable and contentious, and fight for the sake of fighting.

HOW TO CULTIVATE.—Join a debating class, and when you believe yourself right in anything hold fast to your views. Encourage opposition, and never despair on account of it, but face and fight it.

HOW TO RESTRAIN.—Do just the opposite to the preceding advice; avoid the society of quarrelsome persons; keep your temper, and don't seek opposition.

"Strive not with a man without cause."—Solomon.

SECTION II.—VITATIVENESS.

We mean by *Vitativeness*, love or enjoyment of existence, according to the degree of activity.

IT IS LOCATED behind the ear, below Destructiveness and Combativeness. If you are marked:—

DEGREE 1. DEFICIENT.—You are careless as to the preservation of life, and would easily succumb to disease. You have no desire to live, often long to die, and life is such a burden that you would sacrifice it for a mere trifle.

DEGREE 2. SMALL.—You are disgusted with life, and only desire to live to gratify other faculties.

DEGREE 3. MODERATE.—You prefer to live, but are not very particular when your turn comes to die.

DEGREE 4. AVERAGE.—You enjoy life, but have no great fear of death.

DEGREE 5. FULL.—You cling to life, and will struggle hard to maintain it, disliking the thought of death.

DEGREE 6. LARGE.—You are a marvel to your friends by the way in which you cling to life. You easily struggle through fits of sickness, and, as you dread death, you would do anything to preserve life.

DEGREE 7. EXCESSIVE.—You never say die, and shudder at the very thought of death.

HOW TO CULTIVATE.—Set a high value on your life, and seek out means to make it worth your while to live. Avoid thoughts of ending it, and look to the minds and lives of useful men, and thereby learn that life is really worth living.

HOW TO RESTRAIN.—Never dread the thought of death, but take it as a perfectly natural end, and believe for better things beyond. Think of life only as a stepping stone to a higher state, for by fearing death you may and shorten life.

"Be not afraid of sudden fear."—Solomon.

SECTION III.—DESTRUCTIVENESS.

We mean by *Destructiveness*, force, energy, harshness, extermination.

IT IS LOCATED directly above and around the top of the ears, and has two divisions: the back portion giving ability for severity and endurance, and the front portion power of energy and executiveness, according to the degree of activity. If you are marked:—

DEGREE 1. DEFICIENT.—You manifest none of this faculty, have very little force, and cannot kill or witness pain.

DEGREE 2. SMALL.—You lack energy, and have no desire to hurt anything.

DEGREE 3. MODERATE.—You shrink from causing pain; too tame, and dislike to kill.

DEGREE 4. AVERAGE.—You bark more than bite, and are not very energetic, without strong motives; but you can be severe if thoroughly provoked, and could kill to obtain food, although you would rather avoid so doing.

DEGREE 5. FULL.—You can be cruel when aroused, having a good amount of force and determination.

DEGREE 6. LARGE.—You are very thorough and energetic: a lamb when stroked, but a lion when provoked, as you then experience much indignation.

DEGREE 7. EXCESSIVE.—You are destructive, revengeful, and cause wanton cruelty.

HOW TO CULTIVATE.—Put more energy and perseverance into your work, and engage in healthy sports, in which physical contention is required.

"Whatsoever thy hand findeth to do, do it with thy might."—Solomon.

HOW TO RESTRAIN.—Be more merciful, forgiving, and tenderhearted, and when you feel you must destroy, set to work and exterminate the evils of society. Make sure you have suffered an injury before you resent it. Kill nothing. Avoid animal food and alcoholic liquors.

"Deixe not evil against thy neighbour."—Solomon.

SECTION IV.—ALIMENTIVENESS.

We mean by *Alimentiveness*, a relish for food and drinks, appetite, hunger, thirst.

IT IS LOCATED in front of the ear, below Acquisitiveness, in front of Destructiveness, and has two divisions: the back portion giving a desire for solid food, and the front portion a desire for liquids, according to the degree of activity. If you are marked:—

DEGREE 1. DEFICIENT.—You are indifferent to the food and drink you partake, and hardly eat enough to sustain life.

DEGREE 2. SMALL.—You have a poor appetite, seldom feel hungry, neglect your food, and do not relish it.

DEGREE 3. MODERATE.—You eat to live, more from a sense of duty than to please taste, and never eat too much.

DEGREE 4. AVERAGE.—You have a good appetite, and are fond of dainties.

DEGREE 5. FULL.—Your appetite is generally excellent, and you set a high value on table enjoyments, eating what is set before you, asking no questions.

DEGREE 6. LARGE.—You have great pleasure in eating and drinking, and often take more than is necessary.

DEGREE 7. EXCESSIVE.—You live to eat, and are a glutton, drunkard, and gormandizer: always craving for something to eat and drink.

HOW TO CULTIVATE.—Seek outdoor employment, and pay more attention to feeding the body. Live on a mixed diet. Make your table attractive, and endeavour to enjoy your food.

"Go thy way, eat thy bread with joy * * * My son, eat thou honey, because it is good * * * Eat so much as is sufficient for thee."—Solomon.

HOW TO RESTRAIN.—Govern your appetite. Guard against over eating and drinking. Avoid all rich and highly seasoned food, and never eat between meals. Eat slowly and leisurely, and leave the table with a good appetite. Go without a meal occasionally, and avoid fermented liquors of all kinds.

"Be not among winebibbers, among rioters eaters of flesh * * * When thou sittest to eat with a ruler be not desirous of his dainties."—Solomon.

SECTION V.—ACQUISITIVENESS.

We mean by *Acquisitiveness*, economy, love of money and property.

IT IS LOCATED above Alimentiveness, between Secretiveness and Constructiveness, and has three divisions: the front portion giving a desire to acquire, the central portion ability to economize, and the back portion power to hoard, according to the degree of activity. If you are marked:—

DEGREE 1. DEFICIENT.—You are a spendthrift, wasteful and extravagant.

DEGREE 2. SMALL.—You are rather thoughtless and foolish how you spend your money, and have no desire to become rich.

DEGREE 3. MODERATE.—You find it more difficult to save than to acquire it.

DEGREE 4. AVERAGE.—You love money to use, but not to hoard; you seldom spend more than you earn, and are not wasteful.

DEGREE 5. FULL.—You wish to acquire property, and are not miserly.

DEGREE 6. LARGE.—You are economical, keen in money matters, anxious to accumulate, spend money very grudgingly, and will sacrifice much to save money and property.

DEGREE 7. EXCESSIVE.—You are mean, close-fisted, and a real miser, a thief, and a cheat. You crave for money, and idolize property, and will sacrifice principle for wealth.

HOW TO CULTIVATE.—Learn to be economical, and acquire money and property. Balance your accounts frequently to make sure that you are on the right side, and never spend beyond your income. "Waste not want not." Hoard up for a rainy day, and remember that "a bird in the hand is worth two in the bush." Make up your mind to get rich, and save accordingly.

"If thou be wise thou shalt be wise for thyself."—Solomon.

HOW TO RESTRAIN.—Be generous, and more liberal with your money, for you cannot enjoy it when life is over. Remember the poor, and the adage that "the love of money is the root of all evil."

"Receive my instruction, and not silver, and knowledge rather than choice gold * * * Labour not to be rich."—Solomon.

SECTION VI.—SECRETIVENESS.

We mean by *Secretiveness*, reserve, evasion, concealment, cunning, craft, deception.

IT IS LOCATED next to Acquisitiveness, above Destructiveness, and below Cautiousness, and has three divisions: the front portion giving a desire for reserve, the central portion ability for tact and management, and the back portion power of evasion or non-committal, according to the degree of activity. If you are marked:—

DEGREE 1. DEFICIENT.—You are too open-minded, conceal nothing, but disclose everything, and unfit to be trusted with the confidence of another.

DEGREE 2. SMALL.—You act as you feel, hate hypocrisy, and have no secrets.

DEGREE 3. MODERATE.—You are too frank and openhearted, and a poor hand at keeping secrets.

DEGREE 4. AVERAGE.—You are candid ^{as} a rule, and detest cunning and deceit.

DEGREE 5. FULL.—You can easily keep secrets, and conceal emotions if necessary. You answer questions in an evasive manner, and your words have a double meaning.

DEGREE 6. LARGE.—You are reserved, guarded, and artful, and can easily conceal your thoughts and actions, therefore you seldom appear what you are, or say what you mean; nobody understands you, and you like to know the secrets of others, but will not give yours in return. Fond of stratagem.

DEGREE 7. EXCESSIVE.—You are a two-faced, deceitful, crafty liar: a snake in the grass.

HOW TO CULTIVATE.—Keep your own counsel, and remember that everybody cannot be trusted with your secrets. Never tell all you know, or what you intend doing, and remember that your unexpressed ideas are your own, but when expressed anybody may claim them. Be more wary, and think twice before you allow impulse to rule your conduct, and never confess wrong-doing to humanity.

"Discover not a secret to another."—Solomon.

HOW TO RESTRAIN.—Be more straightforward and outspoken. Avoid suspicion, and be perfectly truthful and above-board in everything.

"Deceive not with thy lips."—Solomon.



I'd like a valentine to send,
To one who owns me as a friend :
But none I have, save one self-made,
And that to send I'm half afraid.
But—here goes—whether right or wrong,
And with it goes this little song.

“ Into my heart, love, take one peep,
And there behold affection deep ;
Strong, pure, unchanging, warm and true,
It beats incessantly for you.
Believe it, though my speech be faint,
For picture true, words cannot paint.”

I. E.

SNOWDROPS.

Snowdrops, so lovely, purely, white !
Sure advent of the spring ;
Emblem to us that after night,
Our God shall morning bring.
Then let thine heart faint not at
winter's grief,
For spring will surely come and
give relief.

I. E.



ALBERT & IDA ELLIS

Professional Phrenologists,

115, TAYLOR STREET, BATLEY

(Near the Knottingley Wells, Bradford Road.,)

YORKSHIRE.

No.	DESCRIPTION.	Fee.
I.	A VERBAL (or spoken) Delineation of Character by Prof. Ellis, who will at the same time reply to any questions asked.	1/-
II.	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties.	2/6
III.	FIRST-CLASS CHART, fully marked, including advice Occupation best adapted for, Marriage, Health, and Diet.	5/-
IV.	WRITTEN CHARTS (guaranteed perfect) The cheapest in the end, from 7/6 to	40/-

LADIES AND GENTLEMEN are at liberty to bring a friend with them if they wish to do so.

A REDUCTION of 3d. in the 1/- allowed when more than two friends come for advice at one time.

PRIVATE VISITS to families in the district without extra charge.

TESTIMONIALS.

Haigh Street, Halifax.

Madam.—I have received your delineation of my character from my handwriting, and I wish to say it is quite correct IN EVERY SENTENCE.

I am, yours truly, R. LOVELL.

22, Gymnasium St., Ipswich.

Madam.—Your delineation of my character is correct in every detail. It is marvellous.

Yours faithfully, W. JOHNSON

Parklands, Castle Eden.

Dear Mrs. Ellis.—Just a line to say that I think my character very good indeed. Lots have read my character and think it is very good, and they say they will write to you soon, and have theirs done.

I am, yours truly, L. PALMER.

132, Priestman St., Manningham,
Bradford.

Madam.—I thank you very much for my chart, which I have shown to my friends, and they, along with me, say it is very good. You can make what use you like of this.

Yours truly, JOHN SMITH.

Letters to the Editor.

DEAR EDITOR.—In reply to Mr. J. Coates' letter I must candidly admit that I know nothing of mind apart from brains, and I think he was far from the subject by insinuating that I claimed to possess such knowledge. It appears to me that Mr. Coates was confused in his use of the word "mind," in his article referred to in my last letter, at one time meaning memory, and at another something else, (I am at a loss to know what.) I therefore decline to argue with him as he has apparently been reading between the lines with his imagination.

Yours, etc., A. J.

Photograph of Ida Ellis.

At the request of a number of phrenologists, etc., who have applied to us for the Photo of the Editress, who has lately figured in the Police Courts, charged with being in possession of certain indecent books, we have procured a quantity of Carte-de-visites, which we can supply at 4d. each, post free 5d. Address:—*Know Thyself* Office.

GENERAL BOOTH.

(of Salvation Army.)

His character phrenologically described by Prof. Ida Ellis, illustrated; 2nd edition. Price 1d., post free 1½d., to trade 6d. per dozen. Address:—*Know Thyself* Office, 115, Taylor Street, Batley.

£30. THIRTY POUNDS. £30.

THIRTY-THREE PRIZES.

First Prize, £10; Second Prize, £5; Third Prize, £3; Fourth Prize, £2; Fifth Prize, £1; Four Prizes, 10s. each; Eight Prizes, 7s. 6d. each; and Sixteen Prizes, 5s. each.

NO SECOND TASK:

Names and addresses, with Prizes, will be published in the March number of the *Fleet Street Review*, price 2d., an illustrated monthly.

Make as many words as you can out of the letters in FLEET STREET. Put the number at the top of the page, and forward your list, together with name and address, and P. O. for 1s., enclosing twopence half-penny for the first number of magazine to J. SULLIVAN, 142, Fleet Street. Competition closes February 18th, 1892.

The *Fleet Street Review* may be ordered through any news-agent in the United Kingdom; from 142, Fleet Street, for twopence, post free twopence half-penny.

This competition is solely to advertise the

"FLEET STREET REVIEW."

YOUR CHARACTER CORRECTLY TOLD THROUGH THE POST.

The character of any person correctly told from their handwriting, photograph, or physical description, and sent post free at the following charges:—

FROM PHOTOGRAPH.

No.	DESCRIPTION.	FEE.
I	A WRITTEN DELINEATION stating the most prominent traits of character	6d.
II	A WRITTEN DELINEATION of Character by Prof. Ida Ellis, who will at the same time reply to any questions asked	1/-
III	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties	2/6
IV	FIRST-CLASS CHART, fully marked, including advice on occupation best adapted for, Marriage, Health, and Diet	5/-

FROM HANDWRITING.

No.	DESCRIPTION.	FEE.
I	THE MOST PROMINENT TRAITS of Character correctly described	6d.
II	A WRITTEN DELINEATION of Character by Prof. Ida Ellis, who will at the same time reply to any questions asked	1/-
III	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties	2/6

PHYSICAL DESCRIPTION.

No.	DESCRIPTION.	FEE.
I	THE MOST PROMINENT TRAITS of Character correctly described	6d.
II	A WRITTEN DELINEATION of Character by Prof. Ida Ellis, who will at the same time reply to any questions asked	1/-
III	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties	2/6

COURTING COUPLES should know the character of their sweetheart before any engagement is entered upon. MEN AND WOMEN will know themselves and their abilities for business life far better after a delineation of their character than before. PARENTS should have their children's characters delineated before starting them out in life.

WHAT WE CAN TELL YOU.

From the formation of your head we can tell your mental capacity, and at the same time point out those faculties requiring to be more especially cultivated or restrained, and how this is to be done.

We can indicate to you the position in life that you are the best adapted for, mentally and physically, also the profession, business, or trade most suited to your organization.

Dr. William Gregory, F.R.S.E., F.R.C.P., etc., writes:—"I have studied the science of Phrenology, and have the firm conviction that in the hands of properly qualified persons, this science affords the means of ascertaining with certainty the natural dispositions and talents of such individuals as possess healthy brains."

Phrenological Examinations Daily,

From 10 a.m. to 10 p.m., at rates from 1s. to £2.

ADDRESS—

**"KNOW THYSELF" OFFICE,
115, Taylor St., Batley, Yorkshire.**

**All who study Health and Longevity
should read the**

**ILLUSTRATED
Hygienic Advertiser.**

1d MONTHLY,

of Newsagents everywhere, or direct for

**ONE YEAR, POST FREE, 1/6,
FROM**

**E. MAY, Harsleden Grove,
LONDON, N.W.**

Send Post-card for Specimen Copy Free.

The Journal is devoted to Natural Living, Physical Culture, Health Reform, etc., etc.

Articles by the best Authors ; Biographical Sketches and Portraits of leading Hygienists, will appear from time to time.

Free Health Advice Column.

Mutual Aid Column ; Trades Directory of Vegetarian Homes, Food Reform Stores, etc., etc., all of which are highly recommended by the Editor.

Published by J. Heywood, Paternoster Buildings, London, E.C. ; also at Deansgate and Ridgefield, Manchester.

Books, etc.,

Sold by Ida Ellis, 115, Taylor St., Batley.

	s. d.
“The Mesmeric Demonstrator,” by G. H. Parrish	1 0
“Vital Force, Marriage, Special Hints to the Married,” bound together, by R. B. D. Wells	3 6
“Love, Courtship, and Marriage,” by R. B. D. Wells, paper	1 6
Do. Do. cloth	2 0
“Man and his sexual relations,” by Prof. John Thompson, complete in 2 vols. at 5/- each, or in one vol.	10 0
“Woman,” by Prof. J. B. Keswick, complete or in 3 vols., viz. : Vol. I, 1/6 ; Vol. II, 2/- ; Vol. III,	7 6
“Hypnotism, or Animal Magnetism,” by Rudolph Heidenham, M.D.	2 6
“Philosophy of Mesmerism,” by J. Bovee Dods	3 6
“Mesmerism, Curative Magnetism, etc.,” by D. Younger	2 6
“Mesmerism, with hints to beginners,” by John James	2 6
“Animal Magnetism,” A. Binet and C. Fere	5 6
“How to Mesmerise,” by Prof. J. W. Cadwell	2 6
“The brain as an organ of the mind,” by H. C. Bastian	5 0
“The American Phrenological Journal,” post free 10/-, or per year	10 0
“Lectures on Phrenology,” by Geo. Combe ...	6 0
“Brain & Mind,” by H. S. Drayton, A.M., M.D. and James McNeil, A.M.	6 0
“Phrenology proved,” by O. S. & L. N. Fowler	6 0
“Synopsis of Phrenology,” by O. S. Fowler ...	0 6
“Human Science,” by O. S. Fowler, post free	18 0
“Creative and Sexual Science,” post free ...	18 0
“Marriage,” by Prof. L. N. Fowler ...	5 0
“The science of the mind,” by W. F. Hoffman	6 0
“Choice of pursuits,” by Nelson Sizer ...	2 0
“Heads and Faces, and how to study them,” by Nelson Sizer and H. Drayton ...	4 0
“Human Magnetism,” by H. Drayton ...	3 0
“Phrenology, its history,” by F. Turner ...	0 6
“How to Mesmerise,” by J. Coates, Ph.D. F.A.S.	1 0
“The Illustrated Practical Mesmerist,” by W. Davey	2 0
“Medical Electricity,” by W. White, M.D. ...	6 0
“The library of Mesmerism and Psychology,”	14 0
“The Family Physician,” by Joel Shew, M.D. ...	12 0
“Sexual Physiology and Hygiene,” by Dr. Trall	8 0
“The Book of Health,” edited by Malcolm Morris	21 0
“True Manhood,” by E. R. Shepperd ...	8 0
“Sexual Neurasthenia,” by G. M. Beard, M.D. ...	8 0
“Mother’s Portfolio,” a book for every mother	9 0
Fowler’s new and improved Bust ...	10 6
“Tokology,” a book for women, by Alice B. Stockham, M.D. ...	8 0
“New Physiognomy,” by S. R. Wells ...	20 0
Every requisite for Phrenologists supplied to order by Ida Ellis, 115, Taylor Street, Batley	

Advertisements.

ADVERTISEMENTS are inserted in this column at the rate of 1d. for every four words. Three insertions at the price of two.

Advertisements for our next issue must reach us not later than the 15th of this month.

Advertisers can have replies sent to us, and forwarded on to them, on payment of 3d. extra for cost of postage, &c. Address—"Know Thyself" Office, 115, Taylor St., Batley, Yorkshire

Situations Wanted.

ASHARP intelligent Young Man seeks a situation as assistant to a Phrenologist or Mesmerist (travelling or otherwise).—Apply by letter to Assistant, *Know Thyself* Office, Taylor St., Batley,

A YOUNG MAN wishes to take up a few good agencies. Address—Agency, U. A. Co., Taylor Street, Batley.

WANTED.—Home Employment of any description. Address—Home, U. A. Co., Taylor Street, Batley.

AGENCIES WANTED. We can undertake to work a few good agencies. Address—Universal Agency Co., Taylor St., Batley.

FOR EDITORS ONLY.—A Professional Graphologist and Physiognomist, who is engaged by several magazines to delineate the character of their readers from handwriting or photograph, is willing to edit a column in any periodical for that purpose, at extremely low rates. Address—Sambo, c/o *Know Thyself* Office, Taylor Street, Batley.

TO AMATEUR AUTHORS.—An author offers his services to persons wishing to publish, by revising and preparing their manuscript, proofs etc. Apply Author, care of 115, Taylor St., Batley.

Situations Vacant.

EMPLOYMENT OFFERED to all FEMALES, whole of spare time; £1 upwards weekly, easily and honestly earned; no special experience required; no painting, hawking, or canvassing, &c., but plain, honest, straightforward work, done entirely in your own home; no deceit; failure impossible; send one shilling to start at once. Address—Universal Agency Co., Taylor Street, Batley, Yorkshire.

Publications.

TO Salvationists, etc. I have a parcel of second-hand books for sale, suitable for a Salvationist, comprising Orders and Regulations for Officers, Orders and Regulations for Soldiers, Doctrines, Doctrines and Discipline, France and Switzerland, four cloth bound hymn books, etc. The first postal order for 1s. 6d. secures the lot. Address—Parcel, Universal Agency Co., Taylor St., Batley.

MUSIC.—Concertina Tutor for sale, cost 1s. Only 6d. post free. Address—Music, Universal Agency Co., Taylor St., Batley.

MUSIC.—Salvation Army Band Journal from 59 to 114. For 1st Cornet. Only 7d. Address—Salvation, c/o Universal Agency Co., Taylor St., Batley.

NERVOUSNESS and languor. A sure cure. Post free 1s. Address—Nervous, U. A. Co., Taylor Street, Batley.

HAIR produced in a few days. Quite harmless. Post free 1s. Address—Whiskers, U. A. Co., Taylor Street, Batley.

HOW I MAKE £55 a year by my Sewing Machine, without publicity or contact with others, price 1s. Address—Miss Fisher, c/o U. A. Co., 115, Taylor Street, Batley.

SUPERFLUOUS Hair permanently removed—Harmless. Post free 1s. Address—Hair, c/o 115, Taylor Street, Batley.

PHOTOGRAPH of an ordinary English postcard on which the word "Prizes" is written 10,858 times. Marvel of the age. Price 1s. Address—Photo, c/o 115, Taylor Street, Batley.

For Sale.

NIGGER CLAPPERS. Quite new, cost 6d. each. Will sell a set of four for 1s., or exchange books. Address—Nigger, 115, Taylor Street, Batley,

GUITAR; nearly new; six strings; machine head; inlaid with pearl. Only 1s., worth double. Address—Guitar, 115, Taylor Street, Batley.

RUBBER STAMPS. Agent's outfit; cost £1, will sell for 6s., and send on approval by depositing cash with the editor. Address—Rubber Stamps, U. A. Co., Taylor Street, Batley.

FOUNTAIN PEN.—The best out. Complete with extra vials and pens, 1s. post free. Address—Pens, U. A. Co., Taylor St., Batley.

SPLENDID Box, with handle, lock, key, &c. similar to violin box. Made for folding crutch. New cost 10s., will sell for 3s. Address—U. A. Co., Taylor St., Batley.

ABARGAIN.—A complete Set of India-rubber Window Ticket Printers, equal to new, only been used a few times. Cost 5s. Only 2s. Address—115, Taylor St., Batley.

CALLIO SILVER CHAINS, Ladies' or Gent's. Warranted to keep their colour, and wear white throughout equal to any other silver. Only 2s. 6d. Address—Universal Agency Co., Taylor Street, Batley, Yorks.

THE best Linen Marker in the world sent post free on receipt of 2s. 6d. Makes a splendid present. Address—Universal Agency Co., Taylor Street, Batley, Yorkshire.

BIRD CAGES. Square shape; boxwood; cost 10s. each, will sell for 3s. 6d. Address—Agency Co., Taylor Street, Batley.

CONJURING TRICKS of all kinds for sale; some quite new and original. Send stamp for reply to Prof De Leach, 5, Wheatcroft, Batley, Yorkshire.

Miscellaneous.

SMALL SCALES Wanted, suitable for Post Office. Address—Scales, Universal Agency Co., Taylor St., Batley.

EMPLOYMENT for spare time. Help yourselves by earning money. £2 per week easily earned. This is not a catch penny, but a genuine agency. Send 1s. for sample and particulars. Mention this paper.—Wm. Hart, Annesley Woodhouse, Nr. Nottingham.

CHEAP PRINTING. Before placing your orders with any other firm send us a stamped addressed envelope, and state your requirements. Address—Universal Agency Co., Taylor Street, Batley, Yorks.

SLOPER WATCH FOR SIXPENCE. A beautiful Sloper Watch to be given to the one making most words out of "Sloper." Worth winning. Send six stamps, and stamped addressed envelope for result, February 26th, result 28th. T. DEE, 11, St. Peter's Road, Reading.

PHOTOGRAPHY BY POST.—12 Carte de Visite[®] size, or 6 Cabinet size for 3s. Send photo with postal order and perfect copies will be returned (with original uninjured) in about ten days. Highly recommended. Address—Universal Agency Co., Taylor Street, Batley, Yorkshire

TO SWEETHEARTS and others. The character of any person correctly told from their handwriting or photograph. Fee 6d. Money returned if not satisfied. Address—Prof. Ida Ellis, Phreno House, Batley, Yorkshire.

THE LIMITATION OF FAMILIES. Married ladies may consult Mrs. Jacques personally or by letter on the prevention of conception. Any questions asked, will be fully answered. Fee 1s., or with a perfectly reliable and harmless appliance, with full instructions, 3s. 6d., post free. All correspondence strictly confidential. Address—Prof. Jacques, c/o 115, Taylor Street, Batley, Yorkshire.

A WONDERFUL 2s. PARCEL FOR 1s. 6d. Send for one and you will be delighted. Address—O. Stidolph, Broadway, Southborough, Tunbridge Wells, Kent.

WANTED Electros, Books, Pictures, Charts, Busts, &c., relating to Phrenology, Physiognomy, Physiology, or Mesmerism. Address—Ellis, 115, Taylor St., Batley.

WE undertake to receive letters and parcels from all parts of the country, on the following terms—1s. per week, 2s. 6d. per month, 6s. per quarter. Letters, etc., will be forwarded on receipt of stamps for postage. Address—Universal Agency Co., Taylor Street, Batley.

WE undertake to distribute bills of any size, and in any quantity, at 2s. 6d. per 1000. Address—Universal Agency Co., Taylor Street, Batley,

TO LECTURERS.—Life size crayon portraits or other illustrations drawn to order, in superior style, at 2s. 6d. each. Address—115, Taylor Street, Batley.

RUBBER STAMPS.

For other list see another page.



SELF INKING PAD.

THE BEST AND CHEAPEST.

No. 1 Size 3 3/4 x 2 1/6 each

No. 2 Size 4 3/4 x 2 3/4 2/6 each.

CHAIN PENDANT.

A neat little Self-Inking Stamp, to hang on a watch chain or keep in vest pocket.

Price complete.

With Name only .. 2/6

or

Name and Address .. 3/9

May be obtained from the Universal Agency Co., Taylor Street, Batley.

May be obtained from the Universal Agency Co., Taylor Street, Batley.

List of Books

Published and sold by Prof. IDA ELLIS,
"Know Thyself" Office,
115, Taylor Street, Batley, Yorkshire.

HOW TO IMPROVE THE MEMORY (ILLUSTRATED.)

A good Memory is a priceless possession. Its retention and recovery is therefore very important. This little book is valuable for two things. It points out the causes of a bad Memory, and gives careful directions for improvements. The author has not attempted an elaborate treatise, but has written a practical work for all who desire to remember what they see, hear, know, read and do. As a proof of its utility 500 copies were ordered before the work was delivered by the printer. Price 3d., post free 4d.

"KNOW THYSELF."

A magazine devoted to Phrenology, Physiology, Pathology, Physiognomy, Pleasure, and Profit. Edited by Prof. IDA ELLIS. Published monthly price 1d. or 1s. 6d. per year, post free.

ALL ABOUT PHRENOLOGY.

Send 2s. 6d. for this valuable work, to be published in the early part of 1892. Special edition for subscribers. Don't delay.

THE PHRENOLOGICAL REGISTER

A good book for amateur phrenologists and all others who wish to know something of the science. It contains a chart for persons to mark their own character the classification, location, definition, and subdivision of the phrenological organs; also an analysis of the faculties, with chapters on the combinations, the wisdom and beauty displayed in the grouping of the organs, and a practical defence and utility of phrenology. Sent with several pamphlets, post free 6d.

LOVE AND COURTSHIP

This popular subject is dealt with from a Phrenological and Physiological standpoint in this little pamphlet. It points out why marriage is often a failure, how men generally choose their wives, who should and who should not marry, how to choose, what the young man requires, the temperament, importance of mental and physical adaptation, object and duration of courtship, a bashful lover's first kiss, what to avoid, what to seek, the best dowry from parents. Every young person should read it as it is the best value ever offered. Price 1d., post free 2d.

MUSIC AND PHRENOLOGY.

This treatise gives the Phrenological and Physiological qualifications for Vocalists, Instrumentalists, and Composers, and is invaluable to all desirous of knowing if they have the ability to learn music. A large number has already been sold. Mr. Dutton has had considerable experience as a musician, and as this is the only publication dealing with the matter from a scientific standpoint, all persons interested in music should have one. Price 1d., post free 2d.

SOCIETY BEAUTY.

A book for those who wish to make themselves pretty by natural and artificial means. It contains valuable information how to make the eyelashes long and silky. How to darken the eyes, eyelashes, and eyebrows. How to make teeth pearly white, and how to make the neck, arms, and hands of a beautiful snowy whiteness. How to produce abundance of hair or remove superfluous hair. How to darken the hair, or give an auburn hue to red hair and make it wavy. How flat breasts may be developed into lovely busts. How to cure offensive breath. How to remove freckles, pimples, ringworms, wrinkles, corns, and many other things that everybody ought to know. Post free 1s.

ANY BOOK

On Phrenology, Physiology, Physiognomy, Mental and Physical Sciences, can be procured to order. State author, publisher, and price if possible.

SYMBOLICAL HEAD.

A splendid Picture, printed in six colours, the pictorial illustrations showing the location of each phrenological organ. The head is 18 inches wide, and handsomely lithographed on good paper, about 3 ft. x 2 ft. Price 1s., post free.

TO ADVERTISERS.

Prepaid Advertisement Rates for "Know Thyself."

	s. d.
1/2 Page	12 6
1/4 ,	22 6
1/2 "	35 0
1/4 "	50 0
1/2 "	60 0
1/4 inch	2 0
1/2 "	3 6
1/4 "	5 0
1 "	6 0
1 1/2 "	8 6
2 "	10 6

10 per cent. discount for series.

Circulars enclosed with *Know Thyself* at moderate terms.

Advertiser's for next issue must reach us not later than the 15th of this month.

Address—*Know Thyself* Office, 115, Taylor Street, Batley, Yorkshire.

EMPLOYMENT OFFERED to all FEMALES, whole of spare time; £1 upwards weekly, easily and honestly earned; no special experience required; no painting, hawking, or canvassing, &c. but plain, honest, straightforward work; done entirely in your own home; no deceit; failure impossible; send one shilling to start at once.—Address Z, "Know Thyself" Office, 115, Taylor St., Batley, Yorkshire.

TO SWEETHEARTS AND OTHERS.

THE character of any person correctly told from their handwriting or photograph. Fee 6d. Descriptive circular, giving full particulars, sent on receipt of stamp. Address—J. WILBY, Staincliffe, Dewsbury, Yorkshire.

OUR WATCH COMPETITION.

WE have made arrangements with a noted firm to supply us with a quantity of silver watches which we will present to our readers on the following conditions. Those who send us 50 or more *Know Thyself* annual subscriptions, singly or in one batch during 1892, will receive a £2 silver watch, and those who fail to reach that number will receive prizes according to the number of subscriptions they procure.

Address—Prizes "Know Thyself" Office, 115, Taylor Street, Batley, Yorks.

"Know Thyself" can be obtained Prof. Thos. Roe, D.P., U.P.S., Merton Street, Banbury.

Reformers of All Schools,
Philanthropists, and all Open
and Earnest-Minded Persons
should read

Natural Food,

A monthly Journal devoted to the advocacy of hygienic and medical reforms generally, and especially to the important dietary doctrine of **THE INJURIOUSNESS OF ALL STARCHY FOODS**. It opposes, on moral and physiological grounds, the use of cereals, pulses, and starchy vegetables as human food, and urges, as the sure and abiding remedy of many evils, a return to Man's true and original diet—Nuts (almonds, kernels, etc.) and the Southern Food Fruits.

Published First of each month, price 1d.; or 1s. 6d. per annum, post free to any British Address from

The Editor of "Natural Food," 78, Elm Park Road, South Kensington, London, S.W.

From whom can also be obtained

A PAMPHLET

(28 p.p., price 2d., post free 2½d.) fully explanatory of the above System of Diet, entitled,

"An Exposition of the New Starch System,"

by EMMET DENSMORE, M.D., and A. T. HILLS, Esq.,

(President London Vegetarian Society)

and embodying a resume of the main arguments *pro* and *con.* relating to the Natural Food teaching.